

## STARTERS

**Olives & Almonds** roasted marcona almonds | Castelvetrano olives | warm rosemary EVOO | with grilled garlic rubbed bread 10

**Small Batch Chips** house made potato chips | sprinkled with sea salt | or try salt and vinegar dust 7

**Seared Ahi Tuna** (gf) shitake soy crema | wakami salad | pickled ginger 18

**Oar Tenders** lightly hand battered chicken tenders | served with Blue Oar Special Sauce 13

**Black and Blue Steak Bites** (gf) trimmed teres major blackened | gorgonzola crumbles 16

**Irish Egg Rolls** cider braised corned beef | aged cheddar | Blue Oar Special Sauce 15

**Jetty Wings** whole jumbo wings | confit then fried crispy | choose your sauce - buffalo, maple buffalo, garlic parmesan, or sweet Thai chile 15

## SOUPS

**Clam Chowder** (gf) fresh clams | heavy cream | and red potatoes cup 8 / bowl 13

**French Onion Au Gratin** Vidalia onion | burgundy wine | fresh beef stock | topped with fresh toast | Gruyere cheese | crock 11



## SALADS

**Southwest Shrimp Salad** (gf) grilled romaine | grape tomatoes | purple cabbage | avocado | sweet corn | sauteed shrimp | cilantro lime dressing 19

**Mediterranean Chickpea Salad** (gf, vg) romaine hearts | cucumber | seasoned chickpeas | red onion | roasted red peppers | feta | hummus dressing 17

**Grilled Steak Salad with Blue Cheese** (gf) romaine | grilled skirt steak | red onion | cherry tomatoes | avocado | house made blue cheese dressing 19

**Blackened Salmon Caesar Salad** (gf) chopped romaine | blackened salmon | shaved parmesan | croutons | lemon Caesar dressing 22

**Caesar Salad** romaine hearts | Parmesan cheese | house made croutons | Caesar dressing (gf no croutons) 12

**House Salad** (gf) mixed greens | tomatoes | cucumbers | crumbled goat cheese | fresh blueberries | lemon honey vinaigrette 13

Add a protein: grilled chicken 8 / salmon 12 / grilled steak 10 / shrimp 10

## BOWLS

**Vegan Burrito Bowl** (gf, vg, v) sweet corn | black beans | bell peppers | avocado | cilantro | dairy free yogurt | brown rice 16

**Southwest Shrimp Bowl** (gf) purple cabbage | avocado | sweet corn | sauteed shrimp | cilantro lime dressing | coconut rice 22

**Spicy Tuna Bowl** (gf) seared ahi tuna | chipotle aioli | mango salsa | avocado | brown rice 23

## HANDHELDS (served with fries)

**California Club** house roasted turkey | lettuce | tomato, bacon | avocado | multi grain bread 15

**Reuben** cider braised corned beef | baby swiss | sauerkraut | marble rye | thousand island 15

**Buttermilk Chicken Sandwich** fried chicken | chopped pickles | mayo (on the side) | grilled brioche bun 14

**The Oar Burger** hand packed 8 oz. ground beef | cheese | lettuce | red onion | tomato | pickle | grilled brioche bun 15  
add bacon 2 / add poached egg 1.50

**Roast Beef and Peppers** lean roast beef | roasted red peppers | cheddar | horseradish sauce | rosemary ciabatta 15

**Black Bean Burger (vg)** ground black beans | garlic | cumin | jalapenos | cheddar | southwest aioli | brioche bun 12



## MAINS

**Fish and Chips** English style beer battered fresh local haddock | fries | coleslaw | house made tartar sauce 22

**Pan Seared Chicken Breast** pan seared chicken breast | avocado oil | roasted fingerling potato | romesco sauce | sauteed vegetables 22

**Oar Tenders Platter** lightly battered chicken tenderloins, fried lightly | coleslaw | salt and pepper | Blue Oar Special Sauce | french fries 19

**Parmesan Crusted Salmon (gf)** pan seared north Atlantic salmon | riced cauliflower | sauteed vegetables 32

**10oz. Center Cut Sirloin Steak (gf)** chargrilled, roasted fingerling potatoes, sauteed vegetable 32

**Steak Tips** marinated teres major, fries, vegetable of the day 26

## SIDES

french fries 6 | sweet potato fries 6 | coconut rice 6 | brown rice 6 | roasted fingerling potatoes 6 | sauteed vegetables 6

## DESSERTS

Churros & Nutella 9

Cheesecake | choose cherry, blueberry, or plain 9

Fried Ice Cream | topped with salted caramel | chocolate dust 8



Please visit us at our other locations



CONSUMER ADVISORY Some items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY. GLUTEN FREE OPTIONS are indicated by (GF) beside menu items. As with any allergy, please clarify if you need GF based on a severe allergy or a dietary preference.

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